



## MY WORST HECKLE

I was called a terrorist after Wharf bomb but most people want *My Lovely Horse* **P11**



## Inside



## Beginner's guide to Deptford

8-page pull-out in Property **P29**

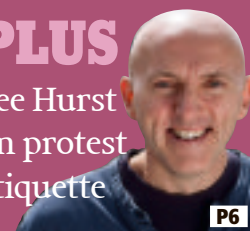


## We're cast in bronze

Sanjeev and Meera lend their voices to statue drama **P6**

## PLUS

Lee Hurst on protest etiquette **P6**



## Nervous?



Credit Suisse IT employee Sally Wood prepares to abseil down 5 Canada Square to raise funds for the bank's chosen charity Parkinson's UK. Find out how she and her colleagues fared on Page 7

# Much too much

## Doubts grow over height of Quay tower

**A** 68-storey tower planned for South Quay has been thrown into doubt following concerns, including those expressed by Mayor of London Boris Johnson.

The 498-home Quay House scheme, in the newly-named Canary Wharf ward, is currently in consultation at Tower Hamlets Council.

But letters received from the Greater London Assembly, English Heritage and Greenwich Council all complain it is too overwhelming.

As well as height, the GLA raised issues on quality of homes, infrastructure to support the scheme, affordable housing and pedestrian routes.

The GLA says the mayor believes

the application "does not comply with the London Plan".

English Heritage said the tower would "exceed the height of any other built element within the cluster and could impact on the setting of a wide range of heritage assets".

Greenwich Council expressed "concern on the excessive height".

**Continued on Page 4**

**SPORT** Aaron Cresswell on his West Ham debut ++ **FOOD** The wonderful world of cocktails



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## WEATHER

**21C TODAY**  
Partly cloudy

**21C FRIDAY**  
Partly cloudy

**20C SATURDAY**  
Mostly cloudy

**19C SUNDAY**  
Rain

**21C MONDAY**  
Partly cloudy

## TRAVEL

### TUBE & DLR

DLR and Jubilee line are fine for the bank holiday weekend. Overground is suspended between Sydenham and West Croydon.

### ROADS

No problems.

## INSIDE

### NEWS

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### LIFESTYLE

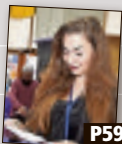
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### COMMUNITY

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## CONTACT US

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ESTABLISHED 1998

# Agenda

# We'll talk weather come rain or shine

Oscar Wilde said: "Conversation about the weather is the last refuge of the unimaginative." Britain has a dreadful reputation for always talking about the weather. And a well-earned one. I write a minimum of four weather-centric columns per year and no-one bats an El Nino.

But the times (and the seasons) they are a-changing. We can't be leaning over sepia country fences comparing how big our hailstones were forever.

This is not a Sunday night period drama full of moist working class heroines and humid landowning

## BLONDE'S EYE VIEW



ANGELA CLARKE

heroes. This is real life. We are the Wharf. We have a glass-encased, centrally controlled micro-climate. We don't do lunch and we don't do weather. Ha! Who are we kidding? The weather's gone viral.

Every time it rains heavily, "rain" trends on Twitter. Meaning "rain" is the most mentioned word by the site's 15million active UK based users.

People post screenshots of "current temperature" with the wild abandon of a hurricane. Friends send me screen grabs of the weather forecast (complete with the appropriate smiley or sad emoji face) ahead of planned social events. We no longer

need to talk about the weather we can type it.

The occasional outbreak of social media posts has eased, and we've seen new incoming texts about the weather. As pressure gradually increases we may see further showers of screen shots, more prolonged, heavier and more numerous, with a risk of eye rolls and light deleting.

We will grow increasingly breezy, until a new front of weather Selfies (wealfies?) arrive. This is a severe warning: stock up on essentials and don protective clothing.

Follow Angela on Twitter: @TheAngelaClarke

## London Eye



REUTERS

Cleaners abseil down one of the faces of Big Ben, to clean and polish the clock face, above the Houses of Parliament, on Monday. A week has been set aside for the cleaning of what is officially known as the Great Clock, which is set in the Elizabeth Tower.

GETTY

## London gallery

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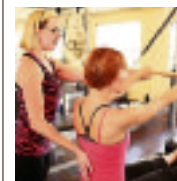
Madame Tussauds unveil a new wax figure of Beyonce at Regent's Park on Tuesday, creating a stir with fans



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### Food

The wonderful alchemy of cocktail making



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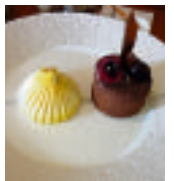
### Health

Picking sides in the great fitness debates

## 58

### Travel

Get away, but stay close, this bank holiday



## Corrections & Clarifications

At The Wharf, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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Email [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk)

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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## TREE OF THE WEEK



**CANARY WHARF** A magnolia tree now stands tall on the highest point of Canary Wharf's Crossrail station to mark the beginning of a new roof garden on the seven-storey site. The tree was lifted by crane through the timber lattice roof of the Canary Wharf Group building, designed by architects Foster + Partners. It will be the first of many plants to adorn the rooftop garden, with the varieties of blooms specifically selected by Gillespies landscape architects to link to the heritage of the Docklands, where collectors historically brought exotic species into the UK for the first time.

## NEWS IN BRIEF

## Docklands digest

## Go behind scenes at newest station

**CANARY WHARF** Go behind the scenes at Canary Wharf's newest station for one weekend next month.

The Crossrail station, which is due to open its retail section in 2015, will be accessible to the public via a series of tours for Open House London on September 20-21. Visitors will be some of the first to see the ticket hall, platforms, shops and roof garden. Moorgate and Farringdon are also open.

Crossrail tours can be booked via eventbrite.co.uk from September 1 and a full list of buildings is available at londonopenhouse.org.

## Flybe opens up Amsterdam route

**DOCKLANDS** London City Airport's newest carrier, Flybe, is continuing its expansion with a route to Amsterdam.

The airline will run a weekend service to the Dutch capital.

Aimed at leisure customers, the route, beginning on November 1, will fly Saturday mornings and Sunday evenings on Bombardier Q400 aircraft. Prices start at £39.99 each way.

# Petitioners set out case against mayor

## POLITICS

Rahman denies claims of foul play during poll

Rob.Virtue  
@wharf.co.uk

**D**etailed claims of voter fraud, intimidation and false representation have been submitted to the High Court by protesters contesting May's Tower Hamlets election.

The petition, by four borough residents, has been launched against Mayor Lutfur Rahman and returning officer John Williams.

The 70-page document lists evidence gained against the election with perhaps the most telling being accusations of racism levelled at his rivals through press releases issued by the Mayor's Tower Hamlets First party.

The petition outlines: "Councillors and candidates of THF and other supporters



**Lutfur Rahman: Denial**

of [Lutfur Rahman] engaged in a campaign to discredit and smear [Labour candidate John Biggs] by accusing him of being a racist and hostile to the Muslim community in general and the Bangladeshi community in particular."

Accusations surrounding the vote included eight people claiming they were turned away from polling stations as somebody had impersonated them, as well as incidents of postal vote fraud.

It goes on to detail meetings held at a restaurant weeks

before the election in which it is claimed council employees were encouraged to obtain 100 votes through illegal means or risk losing their jobs.

It was also claimed Tower Hamlets First staff were told at another restaurant they must fill out up to 250 postal vote applications.

The petition also documents how illegal practices such as groups of up to 30 THF activists gathered at polling stations, voters were intimidated, some were escorted into polling booths and there were five incidents of voters going into booths together.

It is also claimed the returning officer failed to supervise the count properly or train staff.

Mayor Rahman and Mr Williams deny the allegations. The mayor took to Twitter this week to denounce the petition.

He wrote: "Today's 'vote fraud' particulars as expected, reams of conspiracy theory. Look forward to painstakingly contesting and defeating in courts."

**A-level success on our Community page / P59**

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## Travel

Want to get out the country over the Bank Holiday? We have a few ideas

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## News

# Too many dangers to dive in to open water swimming

### ACTIVITY

Dock waters around Canary Wharf not ready yet to follow lead of the Royals

Rachel Bishop  
@wharf.co.uk

**A** couple of weeks ago, athletes took to the cold waters of Royal Victoria Dock in the London Triathlon, the same stretch of water that hosted this weekend's Rat Race.

But anyone looking to Canary Wharf's docks wishing to take a dip may have to wait a while, as construction works make it too dangerous.

John Brame, director of open water swimming specialist RG Active, has been trying to persuade the Canal and River Trust to allow a lunchtime swim in the area for a number of years.

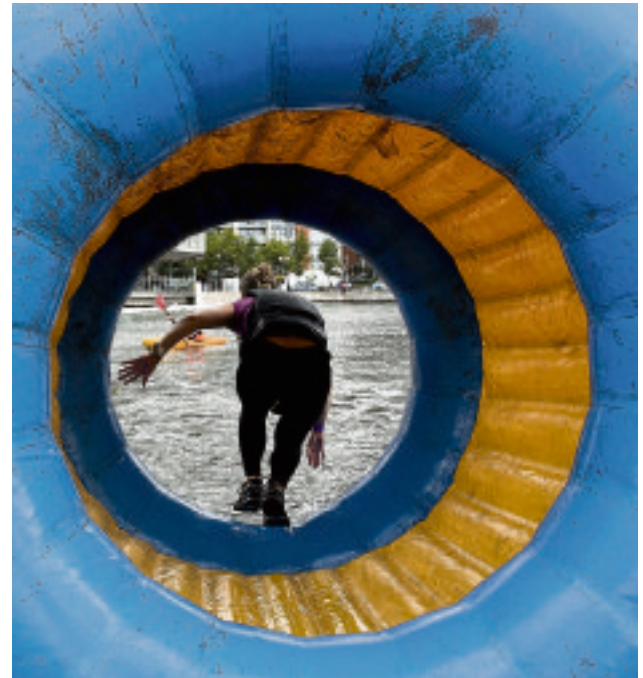
He said: "From talking with the trust in the past it seemed they were worried that if people saw others swimming in the water it would make them think that it was safe to jump in and swim at any time."

"But I think it would make the area safer as there will be more activity around the water with people to help if needed."

"We teach about water safety, water confidence and provide an opportunity for people who want to swim in open water."

Canal and River Trust Docklands manager Gareth Stephens said one-off national events could be considered but with construction works it would be too dangerous to enter the water.

He said: "As you can appreciate the docks were not designed for leisure swimming and are potentially dangerous due to the depth of the water and the temperature – which is often freezing."



People take part in The River Rat Race at the Excel, Docklands on Saturday. The organised assault course over 10k raises money for charity Shelter



John Brame wants to bring open water swimming to Canary Wharf

"Docklands is under construction and this again makes it a hazardous environment for swimmers even in small expert swimming groups."

"We are very happy to facilitate any significant or national events that are properly organised with a full safety plan that includes a start and finish time and approved route. As such we are happy to look at any future events that meet this criteria."

A Canary Wharf Group spokesman added: "Although we do encourage sporting activities, they would need to be considered carefully."

"The safety of people is of utmost importance and as we are still constructing it wouldn't be deemed safe. We would consider discussions afterwards however."

## 'Hold off until masterplan sorted'

### From Page One

Greenwich said it would "bring tall buildings even closer to the Maritime Greenwich World Heritage Site".

Andrew Wood, Conservative councillor for the Canary Wharf ward, said the area was overwhelmed with development. He has called for a block on approvals being granted until a council-led masterplan is finalised.

"I am glad to see that the GLA and English Heritage are agreeing that the development at Quay

House is problematic but it is one of the smaller developments in the area," he said.

"The council is working on the South Quay Masterplan. No developments in the area should be approved until that plan has been completed and the public fully consulted."

Other schemes in the pipeline are 50 Marsh Wall which could rise to 60 floors, the Hertsmere scheme at up to 71 storeys, an 80-storey scheme at South Quay Plaza and an eight floor tower on the North Pole pub site.

Cllr Wood added: "We have a huge range of development coming to the area around Marsh Wall and when I was shown some developer's pictures of what the area might look like Hong Kong sprung to mind."

Quay House developer Investin declined to comment.

■ Cllr Wood is organising public meetings at Alpha Grove Community Centre at 6.30pm on Thursday, September 4, and 4pm Saturday, September 13, to discuss the South Quay Masterplan.

Rob Virtue



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## No obstacle an obstacle

### EVENT

NEARLY £50,000 has been raised for homeless charity Shelter through London's first aquatic assault course.

Participants ran, jumped, swam and kayaked around Royal Victoria Docks in the 10km obstacle challenge on Saturday.

Shelter chief executive Campbell Robb said: "This challenge was an amazing opportunity for people to get fit and test their endurance, as well as helping us to provide a lifeline to families up and down the country – and that makes everyone a winner."

The race began inside the Excel, with adventurers facing a barrage of obstacles before they headed out on to the dockside.

From there, they battled more obstacles as they ran towards the Emirates Air Line and then plunged into the docks, where they swam to dry land and then took on a series of jumps, more swimming and kayaking.

Rat Race creator Jim Mee said: "It was fantastic to see such a brilliant turn-out this year."

"At 10km, the course provides a good fitness challenge, but the water elements make it a lot of fun, especially when the sun comes out like it did today."

Go to [ratrace.com](http://ratrace.com) to find out about The River Rat Race 2015, which will be accepting entries soon. Go to [shelter.org.uk](http://shelter.org.uk) for more information on the charity.

Rachel Bishop



MATT GRAYSON

## 5 open water swimming locations

**1 Ham Lakes, Richmond**  
RG Active have been holding activity sessions at the lake for five years and puts on sessions for triathlon trainers, but the team have seen more people using the lake just to swim.  
Go to [rgactive.com](http://rgactive.com).

**2 Hampstead Ponds**  
These famous natural outdoor pools in Hampstead Heath were created originally from dammed clay pits. Open all year for morning, day and evening sessions.  
Go to [cityoflondon.gov.uk](http://cityoflondon.gov.uk).

**3 Stoke Newington West Reservoir Centre**  
A 30-acre wide open stretch of water that's set in beautiful surroundings, offering open water swimming, canoeing and sailing.  
Go to [better.org.uk](http://better.org.uk).

**4 Thames Baths, Temple**  
This £5.5million fresh water pontoon is now planned for Temple and has seen huge backing since it was first exhibited at the Royal Academy in January.  
Go to [thamesbaths.com](http://thamesbaths.com).

**5 Natural bathing pond at Kings Cross**  
A natural bathing pond will open here later this year among Argent's 54-hectare development, serving up to 163 bathers among the cranes for the next two years.  
Go to [ooze.eu.com](http://ooze.eu.com).

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## News

# Pair shape up to have a bicker on a bench

ART

Beth.Allcock  
@wharf.co.uk

WHARFERS fond of an al-fresco lunch have more than likely sat under the gaze of the *Couple On Seat* statue while snacking on their sandwiches in Cabot Square.

But this summer the bronze sculpture by Lynn Chadwick brought to life by Nikesh Shukla has taken on a voice of its own, courtesy of the Talking Statues initiative.

Now workers will be able to catch snippets of two interrelated marital monologues emanating from the artwork and activated by the simple swipe of a smartphone on an attached tag.

Voiced by top comedians and husband-and-wife duo Meera Syal and Sanjeev Bhaskar, it is *Meatspace* author Nikesh Shukla who is responsible for penning the lively script.

The 31-year-old said he wanted to offer an insight into what the couple's marriage was like after 40 years.

"They're sat on the bench, surveying the



**Couple On Seat by Lynn Chadwick brought to life by Nikesh Shukla**

suit and booted walking around Canary Wharf looking for the man's wedding suit which his wife sold," said Nikesh.

"He wants it back and, through this, you find out about their marriage, how they arrived at where they are at and what their intentions are for their time in Canary Wharf.

"I think I've given it a unique context and universality.

"And when I knew Meera and Sanjeev were bringing the voices to it it gave me the idea of what tone it should be - warm and comedic."

The statues



**The script is voiced by Sanjeev Bhaskar and Meera Syal**

first came to life on Monday and visitors can tie in an experience of their dialogue with an entire tour of Canary Wharf's public sculpture and art, the largest public collection in London.

"I hope Wharfers will wonder whether they are wearing the suit the guy is looking for," Nikesh added.

## A very British protest

Ever been on a demonstration? It's a really bad day out.

We all shuffle around at an agreed location until we're led off, by a person who appears to suffer from Alzheimers shouting the same questions through a megaphone.

"What do we want?"

"When do we want it?"

We all then tell him/her what we want and when we want it, but sure enough this person asks the questions again and we're just too embarrassed or British to say: "Excuse me, but we did just tell you."

Eventually we all go home to find nothing has changed and we only merited a mention on the radio because of the traffic problems we caused.

Sometimes things do end up a bit rioty. To counter this Boris has bought some water cannon, but to make sure they'll scare the crusties they'll be used on he'll have to sling in some soap as well.

Other countries adopt more robust means of protesting. Buddhist Monks have often poured fuel over their heads and set themselves alight.

This has never really caught on in the UK partly due to the extortionate price of petrol.

In Britain we mostly stick with elections, but they don't work for everyone.

The Green Party would do a lot better in elections if their supporters put their votes in the ballot box rather than the recycle bin.



However elections are becoming less popular. The number of people voting is dwindling and politicians have floated the idea of lowering the voting age to bolster their mandate.

Why stop there? Go the other way. Allow votes for the dead? Or perhaps the un-dead? Votes for Zombies!

You could do it by a show of hands although this could be easily corrupted by zombies holding up some hands that were not their own.

I believe in democracy, but corruption in the political process is a major problem and, as we know, my own borough of Tower Hamlets hasn't covered itself in glory recently where, if you read the allegations, you'll find our elections have more rigging than a pirate ship.

**Lee Hurst's Backyard Comedy Club in Bethnal Green runs a regular diary of comedy events. Go to backyardcomedyclub.co.uk for details**

tmp  
Solicitors

## Employment Law's Best Kept Secret...

TMP Solicitors LLP is a niche law firm based in the heart of Canary Wharf. Headed by its influential leader, Jacqueline McGuigan.

Representing both employee and businesses, Jacqueline's team at TMP have the gravitas to handle high value and complex contentious claims.



Jacqueline co-founded TMP in 2006 and her vision was simple - set up a law firm that provides first class legal assistance with no barriers to access justice. Jacqueline says: "I've worked in law firms since 1989 and I wanted to combine all the best bits of running a legal practice. That

meant setting up a practice that I could literally put in my handbag and work anywhere with my laptop. I outsource all my management/administrative functions and this cuts out a whole layer of waste and cost. I instruct independent barristers and for me this is a match made in heaven as I have trimmed overhead costs so I can pass on this saving to my clients. I keep my rates affordable without compromising on quality and in some cases my clients make a saving of up to several hundred pounds per hour when compared to other big city law firms"

The core team consists of Claire Palmer, David Stephenson, and William Frain-Bell as well as Jacqueline McGuigan. Jacqueline says: "the skill level is outstanding. We all share a passion for the rule of law and pursue this with great tenacity"

TMP has particular expertise acting for clients in the banking and finance sector including regulatory matters involving the Financial Conduct Authority. A growing practice is public interest whistleblowing claims. Jacqueline says: "these are often difficult and sensitive actions to bring but with TMP's strength and fire power no complaint is out of bounds". For businesses we offer the full range of employment support services including HR support and advice, drafting employment contracts, advising on disciplinary and grievance matters, advising on settlement via ACAS Early Conciliation

process, and litigating in an Employment Tribunal or Court. With the introduction of the Acas Early Conciliation process from 6 May 2014 it has become mandatory for anyone thinking of making an Employment Tribunal claim to contact Acas first. Early Conciliation can be started by employers as well as individuals.

If an employer thinks that someone might make a tribunal claim it may be helpful to contact Acas. At TMP we have the expertise and experience to guide the employer through this statutory process to ensure that wherever possible problems are solved not litigated. William Frain-Bell is a qualified mediator so we can provide our clients with the edge during this process if the dispute is complex or of high value.



**Claire Palmer**

Claire is an independent barrister and she undertakes employment, general commercial including shareholder disputes and injunctive work. Claire is on the Attorney General's Civil List of Counsel, B Panel. Claire has a reputation for being personable with clients. She is an effective and persuasive advocate.

Claire says: "In today's world, understanding the human element in commercial and employment work and offering a pragmatic and cost effective solution is the key to achieving the best possible results. I endeavour to provide my clients with such advice avoiding litigation where possible. However if it comes to court I always ensure that we are in the best position, and fearlessly represent my clients."



**David Stephenson**

David practices principally in the fields of equality and discrimination law, public law and human rights. He is regularly instructed in multi day high value discrimination cases achieving outstanding results. He is one of the Equality and Human Rights Commission preferred counsel. David also has vast experience in whistle blowing claims, TUPE transfers, unfair dismissal and

redundancy.

David says: "...I have always focused my practice on the needs of individuals and I am deeply passionate about representing clients who are the victims of unfair treatment at work. I represent the entire range of Claimants from workers on the shop floor to chief executives of large corporations. I have an enviable record of acting in cutting edge cases and am frequently instructed in some of the most complex and lengthy discrimination cases before the Tribunals."



**William Frain-Bell**

William practices in the fields of International Law and Arbitration, Commercial Law, General Civil Law, Mediation. William has a busy and wide ranging practice in the fields of personal injury, professional negligence, employment and commercial law. Described as 'outstanding' in Chambers UK 2013 William is regularly instructed as counsel in international arbitrations around the world and has an excellent knowledge of the various global arbitration bodies. He has significant experience in advising clients on both jurisdictional and enforcement related issues. He is also a Chartered Arbitrator and accredited Mediator. He has represented parties in employment related disputes in the Dubai World Tribunal within the Dubai International Financial Centre Courts.

Williams says: "the fast paced and electronic world in which we live has become a breeding ground for employment related disputes in areas such as discrimination and whistleblowing in the financial and banking sectors. From a global perspective, many employees need more help and protection now than at any time in living memory".

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IT vice-president Ros Oke



Credit Suisse IT employee Sally Wood is all smiles as she prepares to lower herself down 5 Canada Square

## My stomach in knots

THE views were spectacular but we're unsure how much the intrepid Credit Suisse staff enjoyed them.

Workers from the Canary Wharf bank abseiled the 90 metres down 5 Canada Square for charity last week.

The firm was raising money for Parkinson's UK and around £21,000 has so far been collected from the event.

Hannah Glasgow, Credit Suisse's

partnership manager, said: "It was so good to see everyone coming down with massive smiles on their faces. There were even some who were trying to conquer a fear of heights."

"It was great fun with colleagues waving at them through the windows as they abseiled down."

In total, 49 employees took part in the event.

Rob Virtue



IT director Michael Farthing

KAY LOCKETT

## Foundation makes plea for donors

### CHARITY

Rob Virtue  
@wharf.co.uk

AN east London charity is looking to inspire 100 people to part with £1,000.

Canary Wharf chief executive George Iacobescu was one of the first to sign up with the East End Community Foundation's initiative, following its launch at the Plateau restaurant.

So far 13 philanthropists have pledged cash to the 100 Club.

EECF's chief executive Tracey Walsh said: "If you donate £1,000 to a charity it's often difficult to find out how it has helped. If you're part of a syndicate with £100,000 then you can see who and how it has directly impacted."

"Some of the money will go on apprenticeships and we've already got 40 in those this year in business administration roles, mainly in the NHS but also Clifford Chance."

The charity said gift aid will be claimed to pay for the administration of the club leaving 100% of the money raised to go to good causes.

The 100 Club will involve events throughout the year at landmark venues with the first two taking part at One Canada Square's Level39 and the Walkie Talkie at 20 Fenchurch Street.

Go to eastendcf.org.

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# Notebook

## Obvious choreography of the 'secret' office romance

I do like an office romance. Not one that involves me (those days are long gone) but one that is being carried out "covertly" by colleagues.

It tickles me to watch the smitten individuals trying to appear as though nothing is going on between them even though it is blindingly evident to everyone.

Our intern has for the past few weeks been secretly meeting up with our admin assistant.

The pair have been circling each other for months; going off on coffee runs

together; bringing in lunch for each other; sharing headphones to listen to their mix selections. However, that's all stopped now. Things have stepped up a gear hence the need for them to look as though neither is remotely interested in the other.

It's like watching a piece of Yasmin Vardimon dance, suspense-laden and strikingly choreographed.

It's nearing lunchtime. The texts ping between the pair.

One of them casually gets up from their desk, stretches a little, before

### WORKING MUM



TABITHA  
RONSON

making their way out of the office. Three minutes later, the other picks up their bag and, after announcing too brightly that they are "just popping out to grab some lunch" heads out the same way.

For a little sport, the rest of the team has been taking it in turns to wrong-foot the pair. I caught up with our intern as he made his way towards his clandestine date at the colourful Lunch Market at Wood Wharf.

"Hey, what's taking your fancy?"

It was cruel really but it was fun to look at his startled expression and then,

after it registered I was referring to the food stalls, to listen to him babbling on about the great bhelphuri he had at the last Lunch Market.

It was funnier still when his phone went, the call plainly from his impatient date.

A little while later, I spied the pair cosying up on a bench and giggling together, him no doubt regaling her with the tale of how he almost got caught but managed to outsmart his pursuer.

*Working Mum, remembering how much fun it was to be young, free and single.*

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Charlie  
Whisky

People, places, things

### SPOTTED

★ Professor Green attends a photocall to support #EastLDN as part of Westfield's 'We are LDN Summer' at Westfield Stratford City last Thursday



★ Actress Bonnie Wright, who played Ginny Weasley in the Harry Potter movies dons a school uniform for a screening of classroom drama *Dead Poets Society* at the Troxy on Friday. The special Secret Cinema screening, attended by *Captain America* actor Nicholas Pinnock too, was a tribute Robin Williams with £11,000 from global screenings going to mental health charity Mind.

### Give us some swearing

★ TV watchdog Ofcom is investigating complaints about bad language in the broadcast of Monty Python's farewell show at The O2 – there was not enough of it.

Monty fans cried foul and complained that "censorship" had denied them the full-blown experience when the

show was broadcast on Gold.

The comedy troupe had given full rein to their expansive list of expletives.

Ofcom said: "All our licensees are required to comply with our rules, which make clear that the most offensive language cannot be shown on TV before the watershed."

## POLITICAL VIEWPOINT

By Cllr Peter Golds

### Anti-Semitism is back in the public sphere

In September 1935 the Nazi Government of Germany promulgated the Nuremberg Laws, one key feature of which was to re-define German Jews as Jews in Germany, thereby in a single added word casting this community out of mainstream society.

Today in Europe there are levels of anti-Semitism, directed at individual or imagined Jews, on a level not seen in seven decades.

Tower Hamlets was the scene of the Battle of Cable Street, yet in the past week people have taken to the streets of London with signs saying: "Hitler was right."

Locally, less than two weeks ago, youths on an estate in

Flag-raising has given support to those who indulge in hatred

Poplar said to a journalist, a non-Jew, "F\*\*\* off Jew, you are not welcome here".

The police said of scenes at this estate that no laws had been broken.

In recent weeks there have been more than 200 individual anti-Semitic attacks in this country and not a single arrest.

Where are our police?

Jews have conflicting views on the situation in Gaza.

Everyone that I know is concerned about the overall Middle East crisis including Iraq and Syria along with Gaza.

Mayor Lutfur Rahman may well have satisfied certain prejudices with his flag raising. But one consequence has been to give, I suspect unintended, support to those who indulge in one of the most virulent of race hatreds – that of Jew hatred.

Jews are now worried – in this of all countries.

Conservative,  
Island Gardens





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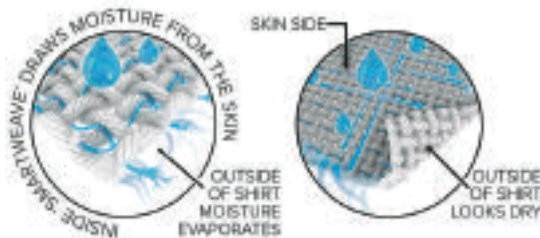
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# What's On

## 5 days of fun

Greenwich Festival



WED  
24  
SEPT

Stewart Lee, Josie Long,  
Tony Law, Aisling Bea,  
Mark Thomas



THU  
25  
SEPT

David O'Doherty, Josh  
Widdicombe, Doc Brown,  
Ed Gamble, Phill Jupitus



FRI  
26  
SEPT

Milton Jones, Seann  
Walsh, Kerry Godlimann,  
Carl Donnelly, Stephen  
K Amos, Nish Kumar,  
Felicity Ward, Arthur  
Smith



SAT  
27  
SEPT

Rich Hall, Stewart Francis,  
Andrew Maxwell, Craig  
Campbell, Cardinal Burns,  
Terry Alderton, Rob  
Beckett, Elis James



SUN  
28  
SEPT

Ardal O'Hanlon, Nina  
Conti, Shappi Khorsandi,  
Dan Atkinson

## I was branded a terrorist in days after Wharf bomb

### INTERVIEW

Otherwise I have nothing but fond memories of town

Rob.Virtue  
@wharf.co.uk

If there's a stand-up comedian who deserves to be heckled then it's probably Frankie Boyle. It's not Ardal O'Hanlon. Affable and good-natured, he's a (much more) clued-up version of Father Dougal, the TV priest that made him a household name.

But around the time of his role in *Father Ted*, the Irishman faced his only hostile audience. And it was at Up The Creek in Greenwich.

"It was in the mid-1990s, around the time of the Canary Wharf bombing," said the 49-year-old. "A table of people were giving me a really hard time and calling me a terrorist."

"It was nasty and vicious and I really wasn't expecting it. They just started going crazy at me. Tensions in the area were running high at the time but that wasn't my fault."

Thankfully salvation was to come in the form of fellow audience members.

"The rest of the audience turned against them, which was a great feeling," he said.

"After that I can't remember if they left or just shut up but it worked. I never really had another experience like that."

But O'Hanlon wasn't to let that sour what has become a long and happy connection with the borough. His links with the town will be strengthened next month when he returns to the Greenwich Comedy Festival.

He describes the five-day festival is one of the best not least because the comedians are looked after with a beer and given a chair "which is good because, as you may realise, I like the easy life," laughs the Dubliner.

But it's at Up The Creek where he has the most memories.

"It was one of those places where you would know you were going because you'll be pacing up and down a couple of days before," he said. "The great Malcolm Hardee was in charge and used to really get the crowd worked up."

"But it was a favourite of mine, a tough crowd but I seemed to get on with them."

"It was mainly back in the 1990s before comedy got so mainstream. When I started out in London there was a variety of acts – cabaret, jugglers and street performers."



Ardal O'Hanlon has fond memories of Greenwich and, particularly, Up The Creek

"But it changed with people wanting the TV-style stuff."

But it was TV during the 1990s – between 95 and 98 – that led O'Hanlon achieving far-reaching fame. And despite starring in numerous screen and stage roles – including rave reviews for recent West End performances – it's for the part of Father Dougal that he will always be known for. Whether he likes it or not.

"I have to accept that," he said. "Nothing crazy ever happens but there's times when I go on stage expected to sing *My Lovely Horse* and not a day goes by without people saying 'go on, go on'."

"But the shows are repeated so often and each time a younger audience discovers it. Just when I think I've escaped *Father Ted* it comes back to bite me."

### DETAILS

Ardal O'Hanlon will be headlining the Sunday night's show in the Big Top of the Greenwich Comedy Festival, which runs from September 24 to 28. Go to [greenwichcomedyfestival.co.uk](http://greenwichcomedyfestival.co.uk) for tickets.

### DIARY DATES



### STAGE

Anna Weiss  
The Space

★ Mike Cullen's play *Anna Weiss* centres on the eponymous hypnotherapist and her role in revealing lost memories, such as those of 20-year-old Lynn and her childhood.

Anna's patient confronts her father about her recollections but what memories are real and what are false?

As he protests his innocence, the play – presented by KiteHigh – strives to expose how much power one individual has over another's mind. Aug 26-Sept 13, 7.30pm, £10, [space.org.uk](http://space.org.uk).



### THEATRE

The Boy Who Climbed Out Of His Face  
The Jetty, Greenwich

★ An immersive theatre experience will be played out among old shipping containers at a former coaling jetty on Greenwich Peninsula.

*The Boy...* is a 45-minute disorienting multi-sensory experience, which will be delivered by Shunt at the pop-up.

There will also be an array of unusual food to try, including Cointreau ice cream and ginger beer battered fish and chips.

Until Sept 28, The Jetty, £10, [thejettygreenwich.co.uk](http://thejettygreenwich.co.uk) and [shunt.co.uk](http://shunt.co.uk).

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## Puzzles / Page 61

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## What's On

# Power is all in the mind

### SCREEN

Lucy

(15) 89mins

Nothing in *Lucy* feels particularly new. It doesn't require a great deal of brain capacity to spot the references – 2001, *Limitless*, *The Matrix*, *Inception*.

But Luc Besson, with a captivating Scarlett Johansson in harness, presents his nonsense with such elan and conviction that the old stuff steps out on to the Parisienne streets with a new coat of spangly flair.

First off, forget the pretence of scientific credibility with which this hokum is underpinned. The story starts with the myth that humans only use 10% of their brain and ponders what would happen if that figure increased like a fundraising thermometer.

Morgan Freeman is Prof Norman who is handily giving a lecture on the subject.

"What happens at 100%?" he's asked. "We're reaching into the realms of science-fiction," says the prof. "We just don't know."

But Besson knows and he's about to splat his vision across the screen like a bloated BLT



Scarlett Johansson and Morgan Freeman scratch their heads

hitting the windscreen at the speed of light.

Our guide is Lucy. "The first woman was called Lucy," she learns. But we know that already for we met the hairy proto-female at the water's edge. (The director raids the full span of evolution for his precocious cut-aways.)

Lucy is in Taiwan and, by means of a treachery and Julian Rhind-Tutt, has a pouch of wonderdrug CPH4 sewn into her belly. But it bursts. So springs forth Lucy's transformation from snivelling mule to Lara Croft PhD.

Johansson is brilliant at this. She struggles to stay human but omnipotence expels her soul like a belligerent cuckoo.

She still has to reclaim the drugs and flee the vengeful drug lord (Choi Min-sik), and contend with mum, mortality and mitosis while negotiating a French rush-hour.

Besson loves his idea and goes all out to share his passion. The rambunctious, ridiculous final reel is a visual treat that lends the viewer, briefly, the notion there's more to this film's philosophy than meets the eye.

There isn't, but it's a superbly enjoyable romp nevertheless.

**Giles Broadbent**

### Our verdict

Besson and Johansson cook up an outrageous treat

★★★★☆

### SCREEN

What If

(15) 102mins



Daniel Radcliffe allows some of the woodenness of his Hogwarts years to creep into his portrayal of a medical school dropout, who stumbles upon love when he least expects it.

On-screen chemistry with Zoe Kazan simmers pleasantly but never reaches boiling point, diminishing our investment in the characters.

★★★☆☆

### SCREEN

Sin City 2

(18) 102mins



Crime pays handsomely in Robert Rodriguez and Frank Miller's visually arresting sequel to the 2005 neo-noir anthology, once again based on Miller's series of *Sin City* comics.

Bruce Willis and Jessica Alba reunite but fate – and a scheming senator – intervene to ensure the path to true love remains blood-spattered.

★★★☆☆

### SCREEN

Deliver Us From Evil

(15) 118mins



Based on the book *Beware The Night* by retired NYPD police officer Ralph Sarchie, *Deliver Us From Evil* is a supernatural horror about Sarchie's real-life encounters with the forces of darkness on the streets of New York.

But great swathes of Scott Derrickson's film are hard to swallow and the shocks are invariably hollow.

★★☆☆☆



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# Fashion

## Creating fashion with a whisper of the past

### JEWELLERY

Designer Jane Parker has been weaving fragments of history into her pieces, writes **Beth Allcock**

**A**n unusual statement necklace has become smoking hot this summer – courtesy of a clutter of clay pipes dating back to the 17th century.

While beading, chunky silver and neon shapes may fill the trays of the high street jewellery sections, London-based designer Jane Parker has gone for nostalgia with her neckwear.

She's been busy collecting the remains of pipes used by the pensioners who used to live at The Royal Hospital for Seamen, now the Old Royal Naval College in Greenwich, during the 1600s.

After nearly 400 years, pipe fragments are regularly washed up on the shores of the Thames, eroded and coloured by the tides. "Thanks to my mother I have always recycled and I enjoy using unusual, unwanted and found objects to create individual one-off pieces," said Jane, founder of Amelia Parker Ltd.

"When I found a handful of nicely worn and coloured pipe stem fragments I felt they would be perfect to use as beads for a necklace. This was the beginning of a range that has since expanded to include earrings and bracelets."

The necklaces, chokers, earrings and bracelets can now be found in the shop at the ORNC.

ORNC retail manager Rachel de Ridder said: "There is something very special about designs that link tangibly to the history of the Old Royal Naval College site. Because each piece is handmade, no two are the same."

Prices start at £19.99.

Go to [ornc.org](http://ornc.org).



Put your pipe in that: Designer Jane Parker, above, has been incorporating found clay pipe fragments washed up by the Thames in her pieces, below



### THOMAS SABO

#### Brand offers free karma bead

★ Spread good vibes by buying a bead bracelet at Thomas Sabo.

The jewellery store, in Westfield Stratford City, is offering customers a free summer karma bead when they purchase one of the brand's bracelets or necklaces from its latest range.

Present a coupon, available from the shopping centre concierge, while purchasing to get the bead.

Go to [thomassabo.com](http://thomassabo.com).

### CADENZZA

#### Collection service launches

★ Shop for jewellery during your lunch hour without leaving your desk and pick up your glittering goodies on the way home.

Jubilee Place Mall store Cadenzza has launched its E14 collection service, allowing Wharfers to browse online before calling the hotline to order and collecting their purchases at an agreed time.

Go to [cadenzza.co.uk](http://cadenzza.co.uk) or call the order number on 020 7513 2946.



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**Beth Allcock**

has picked out three of the hottest on the market

## STATEMENT NECKLACES



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Phase Eight  
Jubilee Place Mall  
[phase-eight.com](http://phase-eight.com)



**Silver and turquoise mesh necklace, £9.99**  
New Look  
Westfield Stratford City  
[newlook.com](http://newlook.com)



# Food

## MOCKTAILS

Enjoy these mixed drinks without the alcoholic hit



A virgin cocktail at Plateau

**Beth.Allcock**  
@wharf.co.uk

Quinoa vodka and tapioca balls have been shaken and stirred for a range of new mocktails catering to Wharfers watching their waistlines.

Jose Ubero, bar manager at Plateau in Canada Square said he was working with the Fair brand to devise options to keep the calories low.

He sees his new herb and tomato twist on a Bloody Mary as "something big", there's also a goji berry liquor and vodka – made from quinoa not potatoes – that will be used in the drinks.

"Canary Wharf's a healthy area of London. We have a virgin called Healthy Soul that's so popular just because the name says healthy," he said.

Plateau's cocktails will be on the menu in September.

Meanwhile at Canary Riverside's Royal China, bubble pearl cocktails in rainbow-coloured varieties have tapioca balls nestled at the bottom.

Sommelier Peter Chan said: "We recently introduced the fruit juice based drinks in lychee, coconut, passion fruit and strawberry flavours, which went down really well with families and children."

Go to [plateau-restaurant.co.uk](http://plateau-restaurant.co.uk) and [royalchinagroup.co.uk](http://royalchinagroup.co.uk).



Mocktails at Royal China

# Why cocktails and clients need treating with love

KAY LOCKETT



Boisdale's "intoxicologist" Ernest Reid prepares a Vintage Bobby Burns by pouring the aged drink into a large glass before chilling it with ice and pouring

Below, the Penicillin is well worth the trip



## INTERVIEW

Boisdale's self-styled intoxicologist tells Rachel Bishop why cocktails shouldn't overpower spirits

Cocktails are everywhere – in all shapes and forms – with dry ice adorning some and cheese others. You can't escape them.

### What's the key aim of cocktail making?

"You always want to enhance the flavour of the spirit you're using – not hide it or over-flavour it."

Canary Wharf's Boisdale boasts some rather high-brow cocktails brought together by self-styled intoxicologist Ernest Reid.

"It's exactly like cooking, but more difficult," Ernest said as he whipped up a Perfect Lady.

"You're right in front of me while I'm making this drink, so if I don't

instil confidence in you, or if what I make tastes rubbish, you won't come back to me again."

Ernest has been at Boisdale since it opened three years ago, and is passionate about his craft.

He said: "You always want to enhance the flavour of the spirit that you're using in the drink – not hide it or over-flavour it."

"For someone who's not used to the flavours of, say, whisky you need to elevate the flavour within that spirit to bring it out for a less honed palate – so customers can taste it without having to stress about it."

Selling some unique and rare whiskies Ernest knows his stuff and

## TOP TIPS

Ernest's three essential rules to obey at all times when creating cocktails.

- You must know what your ingredients make what colours – so learn your spirits.
- Always use very fresh ingredients.
- You have got to put love into every cocktail and every consumer.

has created his own aged cocktail range that includes a smoky Vintage Bobby Burns and a crisp Vintage Negroni.

And his favourite? This is a question he's always asked and he said the answer "changes all the time". That's not surprising in a bar where the spirits are so rarefied there is a whisky costing more than £1,000 for 50ml.

He said: "Although I don't have a favourite, I do have a soft spot for White Bowmore from Islay – there's 3,000 people living on the island, with six policemen and eight distilleries."

"All the heat from the distillery is used to heat the swimming pool, so every shot you have is helping the community – that's what I like, you're helping out a community, just by having a drink."

Go to [boisdale.co.uk](http://boisdale.co.uk).

## MATCH UP

★ Pair tapas with a Mango Collins or Long Island iced tea and kick back for the evening at an east London restaurant. Las Iguanas in Spitalfields is running its summer deal. Colleagues and friends can book an area for £25 every Thursday and Friday evening and be treated to a trio of foodie plates each and two cocktail jugs. A live DJ will also be in-house from 7pm on both evenings. Offer valid in August. Go to [lasiguanas.co.uk](http://lasiguanas.co.uk) for more details.

Ideal combo?  
Tapas and cocktails at Las Iguanas





## FIX ME A DRINK

Cocktail round-up

### AQUA SHARD

#### Early bird booze served on high

★ Start the day the cocktail way while enjoying the spectacular views from The Shard.

A Morning Glory Coffee Cup packed with Kellogg's cornflakes, almond milk syrup and raspberries has been injected with a hit of Chambord, Carriel vanilla vodka, egg white and mandarin bitters (£10.50) to cater to the early-morning crowd.

Served from 7am every weekday and 9am on Saturday, Sunday and Bank Holidays. Go to [aquashard.co.uk](http://aquashard.co.uk).

### 28 WEST

#### Wizards sought to beat machine

★ Where can you sup Pina Colada's while pitting your wits against a pinball machine?

At Canary Riverside's newest eatery, 28 West Bar and Grill.

The venue has been decked out with the vintage game to add some extra entertainment for punters in the bar, which serves up a daily happy hour between 5-8pm.

Visit during those times and enjoy an array of cocktails, including Espresso Martini, Moscow Mule and Mojito for £5, compared to the ordinary fee of £7.50.

Go to [28-west.co.uk](http://28-west.co.uk).

### THE PEARSON ROOM

#### Enjoy 50% off from 5-7pm

★ Whether you fancy rounding off the working day with a taste of the Mediterranean Sea, Passion Mai Tai or a classic jug of Pimm's, do it all for half price at The Pearson Room.

The restaurant and bar, next to Reebok Sports Club, is offering the deal on all cocktails from 5-7pm every weekday, until September 5.

Go to [thepearsonroom.co.uk](http://thepearsonroom.co.uk).

## TIPPLES TRIED

### Skinny cocktails

Parlour, Canada Square Park

Skinny these cocktails may be, but they are very much for the sweet tooth. The Skinny Porn Star Martini (105kcal) has a smooth, passion fruit and vanilla backdrop, which is cut perfectly by the Prosecco chaser. For a refreshing break, choose the Skinny Hummingbird Cosmo (95kcal), which has light, zesty taste. From £7.95

Go to [theparlourbar.co.uk](http://theparlourbar.co.uk).

★★★★☆

### Hidden Folk cocktails

Fika, Brick Lane

Fika's Hidden Folk cocktails, inspired by an edgy interpretation of Scandinavian folklore, are like tiny alcoholic fairy tales. The Elves Touch tantalises the palate with the cachaca, leaving a faint almond haze, while the punchy Huldra's Haunt felt like a fairy tale baddy attacking the nostrils – but somehow in a good way. From £7.50.

Go to [fikalondon.com](http://fikalondon.com).

★★★★☆

### Infused gins

London Marriott, West India Quay

Changes are afoot across the water. The Manhattan Bar is set to be renamed G&Tea, with promo pictures below, and there's a new cigar terrace. The drinks we tried were the important bit though, a selection of takes on the G&T, featuring gin infused with tea and mango (making a sweet blend garnished with too much ginger) and vanilla (resulting in a gently spiced sipper). Prices to be decided, but an exciting start and well worth a look.

Go to [manhattangrill.co.uk](http://manhattangrill.co.uk).

★★★★☆



## ONE TO WATCH



★ Something's brewing, well ageing, at newly launched E14 flavour delivery business **World Of Zing**.

Tom Aske of Fluid Movement, pictured, has been working with the brand to produce a range of aged cocktails.

The experimental products aren't ready yet, although the Manhattan's already tasting pretty good.

Worth checking out, as well as the wide range of high-end ingredients.

Go to [worldofzing.com](http://worldofzing.com).



Chris Gutierrez  
RUM & SUGAR

The West India Quay bar's assistant general manager tells us all about the venue's cocktail making classes:

■ **What's running the classes like?** We have been doing them for about two years now.

Alessio, the other barman who takes classes, and I have great fun with everyone and it inevitably ends with participants dancing and enjoying the music and atmosphere of the bar afterwards.

■ **What happens during one?** We teach a few of the basic skills and principles of cocktails, a bit of flair and everyone makes three different styles of drink.

Hopefully they will take these skills away and dazzle their friends at parties.



Flair for a mix: Chris Gutierrez

### ■ Who are they for?

They are good for celebrations as well as corporate groups. They get people talking to one another. Everyone starts on a level playing field so it gets people competing too. It also provides people with a few drinks to lubricate interaction.

### ■ Has anyone surprised you with their skills?

I am constantly impressed. Some people are better at layering, others at free pouring. It is interesting to see how competitive people get when they find the skill they are good at.

### ■ What's the trickiest cocktail to make and why?

The trickiest cocktails are ones that are layered. In our menu we run a monthly cocktail competition for our barmen who are marked on presentation. Some love to use layering but making four drinks at once on a busy shift can prove to be quite tricky.

### What's the cost?

The classes are £100 plus £11pp. Go to [rumandsugar.co.uk](http://rumandsugar.co.uk).

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# Health

## WHAT'S BEST FOR MY BODY?



Our fitness guru **Laura Williams** gives her perspective on five of the big fitness debates

**Y**our colleague swears by dumbbells; you get great results from machines. So who's right? Here's my take on the most common fitness debates.

### ■ Free weights vs machines

Free weights are versatile, inexpensive and allow you to practise functional, everyday movements as well as providing a more challenging workout. However, maintaining proper form during an exercise is vital for injury prevention and a spotter is often needed if you're lifting a heavy weight.

Machines, on the other hand, tend to control the resistance from the weight stack by one specific movement, which can be useful if you're focusing on one muscle group at a time.

Typically they take you through a guided range of motion that is beneficial if you're new to strength training or recovering from an injury.

However, most machines still don't really mimic functional movements plus they usually require gym memberships.

### The verdict

For versatility and quality of workout, **free weights** are best, although machines have their place.

### ■ Treadmill vs outdoor running

A lot of this comes down to preference – exercisers tend to have a love/hate relationship with the treadmill.

Personal preference aside, treadmills offer advantages. Many modern models have padded belts making them more supportive for the overweight or injury-prone. This reduction in impact is kinder on the joints.

Treadmills also offer a viable tarmac alternative when the weather lets you down.

On the downside, many people find them dull and monotonous, which can be alleviated by varying both speed and gradient (you should run at a 1% gradient anyway if you're looking to mimic outdoor running in order to offset the lack of wind resistance and the loss of energy expenditure that occurs as a result of the belt propelling you forward).

Running outside is undoubtedly the more convenient of the two.

### The verdict

There's a place for both, although calorie-burn for **outdoor running** is slightly higher. This one comes down to personal preference.

### ■ Yoga vs Pilates

Both will help increase muscular

strength and improve flexibility. Pilates classes offer a total body workout with a strong focus on maintaining alignment in the spine and strengthening the core. Exercises are mat work or on equipment such as the Reformer, which uses springs, pulleys and ropes for additional resistance.

In a yoga class, however, while your muscles will get a workout, classes are a combination of exercise, breathing and meditation.

### The verdict

The focus of **Pilates** tends to be on strengthening the core while yoga's primarily philosophical and spiritual. As an exercise though, Pilates probably wins out although they have a similar calorie burn. If you're torn, do both, they complement each other.



A Pilates Reformer machine

Should we be doing yoga or Pilates, running indoors or out? Laura's got some of the answers

## HOME BODY

★ Prefer your home to the gym? We've selected three of the best products to help you make the most of those workouts without the need for a spare room:



### Sole F63 Folding Treadmill, £999

■ If you're a Wharfer with a craving for home fitness – but a little short of space – this could be the device for you.

The equipment comes with a built-in folding mechanism making it easy to move and store away when not in use, while also offering a quieter workout courtesy of its cushion flex suspension system, so there's little fear of disturbing the neighbours.

Go to [gymroom.com/spirit-fitness-sole-f63-treadmill](http://gymroom.com/spirit-fitness-sole-f63-treadmill).



### Reebok Softgrip Hand Weights, from £12.95

■ These are ideal to grab and go while dinner's in the oven for a high intensity workout burst.

They're in a variety of weights to test a variety of strengths and the adjustable strap and soft foam padding adds both comfort and safety.

Buy at [John Lewis in Westfield Stratford City or from johnlewis.com](http://John Lewis in Westfield Stratford City or from johnlewis.com).



### The Tanita Calorie Jump Rope, from £10.98

■ Whether you've got a garden or simply a car park outside your apartment block, use this clever adjustable rope to help keep track of your fitness.

Its integrated calorie and jump counter clocks up the statistics whether you're heading forwards, backwards or in a criss cross motion.

And skipping for one hour is said to burn up to 700 calories – an extra incentive.

Buy at [Argos Stratford or go to argos.co.uk](http://Argos Stratford or go to argos.co.uk).

## FASHERCISE

### Pop-up outlet to open doors

★ Add this season's patterns and prints to your sportswear wardrobe at a pop-up in Shoreditch next week. The Fashercise brand's temporary outlet will head to Boxpark for a week-long stint from August 28.

The opening night will see a DJ adding beats to the latest collections, with fashion advice served up alongside drinks and healthy nibbles. The event runs from 6-9pm – think sporty chic for your outfit. Go to [fashercise.com](http://fashercise.com).

## YOGALIME

### Get bendy on the Isle of Dogs

★ New yoga sessions will soon be launched in E14. Women will be able to hone their practice in female-only classes while one-to-one tuition is also available at Yogalime, starting on August 29.

Those keen on embracing the fitness form will be able to do so at The Selmo Centre, off Manchester Road, on the Isle of Dogs with courses planned every Monday and Friday.

Go to [yogalime.com](http://yogalime.com) for details.



# Travel

## SHORT HOPS

### PARIS

#### Try these oldies for a taste of high life

★ Make the city for lovers a speedy Bank Holiday stop and spend the weekend in an historic Parisienne hotel.

The Peninsula Paris, which opened its doors on August 1, boasts 200 rooms and suites, six restaurants and bars and vast terraces – including a rooftop with a 360-degree view across the French capital.

The hotel, close to the Champs Elysees and Arc de Triomphe, is the Peninsula brand's first European venture following a four-year restoration project.

More work has been undertaken at another of the capital's locations, Le Bristol Paris, which recently unveiled the results of a 150-million-euro makeover.

The icing on the gâteau is its 1.3million-euro Royal Suite – a collection of seven rooms housed on



Capital idea: The Peninsula Paris the hotel's fifth floor with stunning views of the 13,000sq ft garden below.

Interiors are 18th century in style featuring oak panelling and floors, Louis XVI-style furniture in rare woods and an array of fabrics.

It also offers a dining room for up to 12 guests – with menus whipped up by Michelin-starred chef Eric Frechon – as well as two bedrooms and bathrooms.

The suite comes with a special VIP service for guests including Champagne, canapés, chocolate and costs from 15,800 euros per night for one-bedroom and 18,000 euros for two.

Go to [paris.peninsula.com](http://paris.peninsula.com) or [lebristolparis.com](http://lebristolparis.com).

■ Flights from London Heathrow to Paris CDG with BA are around £178.

### NORTHERN IRELAND

#### Enjoy discount rate on dates in August

★ Relaxation and tranquility surround Galmorg Resort and Spa, set among 163 acres of lush parkland in Northern Ireland. It's offering a four-course evening meal with wine in either Gillies Bar & Grill or Fratelli, an overnight stay for two in a Superior Guestroom and breakfast for £90.

The offer applies from Monday to Wednesday on selected dates in August as part of the brand's Summer Escapes package. Guests can also use the thermal spa facilities at the hotel. Go to [galmorg.com](http://galmorg.com).

■ Flights around £198 from London Gatwick to Belfast with Aer Lingus.

# Pop to the Channel for flavour of France

**JERSEY** Island break's ideal for the Bank Holiday, writes **Beth Allcock**

**R**ue des Trois Pigeons, read the street sign high on the side of a pastel building – though my brogues were firmly planted on British soil.

An hour-long flight from Gatwick was all it took for my pal and I to touch down on Jersey, bound for The Club Hotel and Spa in St Helier. Ideal for the Bank Holiday.

The French influence on the island is everywhere – snippets of language in shops, quaint streets and patisseries (CocoRico Cafe is one to watch out for).

But after enduring a flight delay and landing in the rain, there was only one indulgence from across the Channel that was needed on arrival. That was the 11-course, partially Gallic, Prestige Tasting Menu devised by head chef Steve Smith, served up in the venue's Michelin-starred Bohemia restaurant.

Each small plate was a delicious surprise. Silky smooth butternut sauce poured over a quail's egg was refreshing yet indulgent while summer vegetable salad was as pretty as a picture.

However, they were eclipsed by Jersey scallops with smoked eel – simply one of the best things I've ever tasted.

After more than three hours of foodie fare we were both ready to settle into the plump pillows of our spacious beds.

Our accommodation was at the heart of the action, so very convenient for at trip to Banjo's in town for cocktails the following evening.

The hotel's tranquil Club Spa is an ideal place to top up your manicure or pedicure after a dip in the pool.

My moss green Jessica polish pedi, applied after a foot massage, was completed with expert care and included soothing oils and heat boots for maximum relaxation.



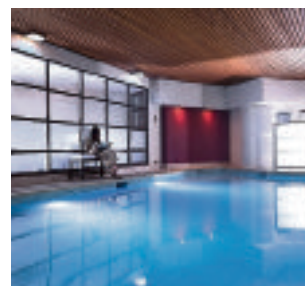
Above, The Club Hotel's Michelin-starred Bohemia restaurant. Below left, exquisite food decorated with gold leaf and right, the spa facilities



Despite Jersey's French accent, we rounded off our stay with a quintessentially English tradition.

Fresh classic sandwiches of brie and salmon formed part of the hotel's afternoon tea but it was the patisserie – whipped up head pastry chef Ellen de Jager – that stole the show.

A generous black cherry and



chocolate delight was sweet, moist and light while the cute Gariguet strawberry and mint iced lolly cleansed the palate perfectly.

After a two and a half hour delay on the way home, I hoped against hope chef Steve's Prestige (Part Two), would be lying in wait. Instead, it was a rather soggy salad.

## TOP FIVE

★ Looking for something to do in Jersey? Here's Beth's selection.

### ■ Try Jersey Black Butter

This is a moreish dark jam produced on the island. Packed with spices, apples and Jersey cider, it has a warming depth and Christmassy feel – perfect on scones at The Club Hotel and Spa's afternoon tea.



Go to [theclubjersey.com](http://theclubjersey.com).

### ■ Sup coffee at Bean Around The World

This place specialises in a variety of beans and coffee strengths and styles. Also offers a range of fruity smoothies made with natural yoghurt.

Go to [beanaroundtheworld.co.uk](http://beanaroundtheworld.co.uk).

### ■ Go on a vintage bus ride

Spend a couple of hours out of St Helier and head westbound to the coast and lighthouse way. Stop at a German memorial and pass through St Brelade's Bay.

Go to [jerseybustours.com](http://jerseybustours.com).

### ■ Brush up on some history

Visit the Elizabeth Castle, the Hamptone Country Life Museum or Jersey Museum and Art Gallery.

### ■ Snap up tickets for Jersey Live Festival 2014

Running on August 30-31, Ellie Goulding, Bombay Bicycle Club, John Newman and The Klaxons are just some of the acts set to play at the Royal Jersey Showground.

Go to [jerseylive.org.uk](http://jerseylive.org.uk)

## FACTFILE

### Prices at The Club Hotel and Spa, Jersey:

- Full afternoon tea £19.95pp.
- Manicure £46, pedicure £52.
- Bohemia restaurant Prestige menu £85pp.
- Bedrooms from £99 in low season Oct-Mar, £155 April-Sept including continental breakfast. Go to [theclubjersey.com](http://theclubjersey.com).
- Beth travelled to Jersey from London Gatwick with EasyJet. Prices approx £160 return.



Get money off a stay at the Galmorg resort in Northern Ireland

### DUBLIN

#### Get bonus tickets with Irish city stay

★ Take up the offer of a joint deal at Hilton Dublin.

After a flight of just over an hour, check into the Charlemont Place hotel for a minimum of two nights and you'll be eligible for a pair of adult tickets to the popular Guinness Storehouse Tour.

Breakfast is also included as well as a free room upgrade subject to availability.

Offer ends on December 31 2014, with stays needing to be taken by then.

Go to [hilton.com](http://hilton.com).

■ Flights around £330 return with CityJet from London City Airport.



# Community



## GREENWICH

### Hospice families get a kick-about

USERS of a Beckton-based hospice got stuck into the beautiful game as they were treated to a day of professional football coaching.

The Soccerdome, in North Greenwich, was the sporting stage for families linked to Richard House children's hospice.

Adapted equipment including wheelchair-friendly footballs allowed everyone to enjoy the action, including 11-year-old Shaan Ali, from East Ham.

He said: "I really enjoyed the day and it was a great experience to play on a full size pitch."



## TOWER HAMLETS

### Teenagers arrested in £1m scam probe

RAIDS took place across Tower Hamlets as police arrested three 18-year-olds on suspicion of fraud.

It follows allegations of more than 300 elderly people being tricked out of savings worth up to £1million in the south-west of England.

Police have been carrying out a three-month investigation into the allegations that fraudsters are claiming that cash is needed for a forensic investigation.

It is then either couriered to the scammers or transferred electronically.



Principal Gerry McDonald and MP Rushanara Ali watch students open their A-level results at Tower Hamlets College

## College bucks trend with A-level results

### EDUCATION

Students head off to careers and uni after rise in top grades

Rob Virtue  
@wharf.co.uk

TOWER Hamlets College has celebrated an increase in A-level success despite results going down nationally.

The Poplar education centre saw marks at A\*, A and B go up by 28% this year with 15 subjects getting a 100% pass rate.

One of the two successes was high-achiever Fela Maslen, who achieved three A\* grades and will have the chance to go to King's College, Cambridge, to study mathematics.

Fellow student Brandon Ryan Rahmani, who scored two A\*s and an A, is now taking up an internship at Ernst and Young, soon to be moving to Canary Wharf.

Meanwhile, Katie Hogg, from the Isle of Dogs, described how she was "over the moon" after achieving an A\* and two As. She is now set to for the



Top, Fela Maslen; above left Brandon Ryan Rahmani and, above, Katie Hogg

Royal Holloway University where she will be studying psychology.

Principal Gerry McDonald said he was delighted with the results.

"It is testament to their hard work and also to the skills and experience of our teaching staff," he said.

"We have continued to increase our A-Level high grades and maintained our high standards of success. Many of our students can now look forward to pursuing their studies at top universities and we wish them every success in their future studies and careers."

Nearby Bishop Challoner in Commercial Road also reported an



## EAST LONDON

### Free meals boost to learning and purse

FREE school meals for four- to seven-year-olds will save parents in Tower Hamlets up to £2.5million a year, according to figures released by the Department for Education.

September will see the launch of the Government initiative, which will include all students in reception, year one and two classes.

The DfE said parents in the borough were previously paying up to £400 a year when the meals were means tested.

Deputy Prime Minister Nick Clegg said: "Free school meals for infants will not only save families hundreds of pounds a year but will also have an impact on how a child performs in the classroom."

"Pupils at the pilot schools who were all given free meals were found to be up to two months ahead of their peers elsewhere."

The DfE said 6,118 pupils in the borough would now be given free school meals.

Meanwhile, in Newham 10,573 children will be included in the scheme and 7,923 in Greenwich.

Go to [gov.uk](http://gov.uk) for more information.

## EAST LONDON

### MP calls for ban on animals in circuses

BANNING wild animals from circuses will be raised in Parliament by the Poplar and Limehouse MP.

Jim Fitzpatrick will reignite his call for the ruling by introducing an Early Day Motion.

There are currently 23 licensed wild animals in UK circuses including three tigers, snakes, zebras and camels, six reindeer and a pair of lions.

MP Fitzpatrick said: "We cannot justify keeping wild animals in captivity purely for our own entertainment. It is a barbaric and outdated practice and must come to an end."

## NEWHAM

### Alert over change in election rules

WITH a by-election looming at Beckton, Newham Council is reminding residents a change in rules means they must ensure they are able to vote.

The Individual Electoral Registration means each person has responsibility for themselves rather than the "head of the household".

Residents should have received a letter from the council confirming whether they need to register. The Beckton vote is on September 11.

## BRIEFLY

■ Indie rockers, alt-J, have announced they will perform at The O2 on January 24, 2015, their biggest headline show to date. They will be promoting their second album *This Is All Yours*.

■ Residents have welcomed a new open space in Bethnal Green they helped create. The "pocket park" in Derbyshire Street has turned an eyesore into an asset.

## WE ARE SAILING



FUTURE sailors from Greenwich were given a taster session ahead of the Tall Ships Regatta. Berkeley Homes is sponsoring 30 young people between 16 to 25 to take part in the September race from Falmouth to the borough on the Golden Leeuw schooner. They took part in lessons last week at the Ahoy Centre in Deptford. The race is part of the Tall Ships Festival, which will run from September 5 to 9. Go to [royalgreenwich.gov.uk](http://royalgreenwich.gov.uk) for more.



# LondonEYE



LUKE MACGREGOR



**PLANE LIVING** Activist Georgia Woods carries plates of food through the greenhouse at Grow Heathrow at Sipson, near Heathrow Airport. Grow Heathrow is a squatted community garden on the route of a proposed third runway for Heathrow Airport. Baliffs are expected to clear the site to return the property to its owners shortly.

JOHN STILLWELL



**LEAK PROOF** WikiLeaks founder Julian Assange speaks during a news conference at the Ecuadorian embassy in London on Monday. Assange, who has spent over two years inside Ecuador's London embassy to avoid extradition to Sweden, said he planned to leave the building "soon", without giving further details.

STEFAN WERMUTH



## HARRY'S GAMES

Prince Harry speaks during the British Armed Forces team announcement for the new Invictus Games. The games, which feature wounded, injured and sick Service personnel, will take place at the Queen Elizabeth Olympic Park from September 10-14.

DYLAN MARTINEZ



## LIVING IN A BOX

Volunteers sit in wooden boxes at Parliament Square, to represent living conditions in Gaza, during a protest in London. Some 150 men, women and children crammed into boxes illustrate the conditions faced by the people of Gaza trapped by the blockade, in an event organised by Oxfam.

PHILIP BROWN



## BROAD'S SHINERS

England's Stuart Broad gestures after a training session before the last Test match of the summer against India at the Oval. The blow on his nose that he took at the Old Trafford Test left him with two black eyes and stitches. England were victorious.







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## Public Notices

### PUBLIC NOTICE

Chase Evans is now in receipt of an offer in the sum of £520,000 (five hundred and twenty thousand pounds) for FLAT 701, 1 PAN PENINSULA SQUARE, LONDON E14 9HA.

Anyone wishing to place an offer on this property should contact Chase Evans at 1 Millharbour, London E14 9XP, 020 7536 7900 prior to exchange of contracts.

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## THE FANS' ROAR



By Ian Toal

## Our unbeaten run reaches 12 matches

**Millwall Supporters Club**  
 millwallsupportersclub.co.uk

Millwall's great start to the season continued with our first away win of the season at Craven Cottage on Saturday as an away following of 6,000 witnessed a 1-0 win.

We then extended our unbeaten start to the season, making it 12 games unbeaten in all stretching back to last season, with a 1-1 draw away at Hillsborough on Tuesday night.

It wasn't all one way traffic in either match. Fulham tested our defence in Saturday's match and Sheffield Wednesday took the lead against us on Tuesday.

The Lions players are really pulling together this season. With this attitude, and with the supporters backing, we can turn those close games into tight wins.

That battling nature was very evident on Tuesday night. It's much harder to turn it on away from home and we did that to



Magaye Gueye of Millwall celebrates his equaliser with Scott Malone

come from behind to snatch a draw with a 95th minute equaliser by Magaye Gueye after having missed a penalty.

The players should take a lot from this late equaliser and the effort in the last 20 minutes especially when we threw everything at Wednesday.

It's still very early in the season to get over-confident. You would like to see where we sit come the end of September before making bold predictions about this season, but while we are doing well we should enjoy the results.

We now have three home matches on the spin with Rotherham up first this Saturday, followed by Southampton in the League Cup on Tuesday night. Hopefully we can get good crowds down to The Den to back the team to continue the unbeaten run.

Millwall v Rotherham, Saturday, 3pm

## The time of his life

GETTY



Adam Gemili wins 200m gold, top, and then leads the British team to victory in the 4x100m in Zurich, above

UNIVERSITY of East London student – and new star of British athletics – Adam Gemili had the “run of his life” to win European Championship gold, matching his personal best at the 200m – 19.98 seconds in Zurich. “Towards the end I was very messy but I was just running, running for my life,” said Gemili. He was able to share his joy with his teammates when he led the men to 4x100m gold, securing the British team's record haul of 10 golds. Newham beagle Mo Farah added the 5,000m to his 10,000m victory.

## Lions reach out with free park training

## BASKETBALL

**Rob.Virtue**  
 @wharf.co.uk

FREE basketball coaching is being offered around east London's outdoor courts.

The Olympic Park-based London Lions are leading the initiative which will see training sessions followed by a three versus three game and is for ages seven to 19.

Venues include The Barkantine and St Johns Park on the Isle of Dogs, Alma Street in Stratford and Mabley Green in Hackney.

Lions chief executive Vince Macaulay said: “This is a great way to reach out to the young people. They can play basketball on the courts and imagine themselves taking the main stage at the Copper Box Arena.”

“The Lions, Greenwich Leisure Ltd and Reach and Teach are committed to the rise of basketball in London. We are looking forward to welcoming them to the venue when they can meet the players and enjoy the evening.”

East London linked firms Canary Wharf Group, East Village, Lend Lease's The International Quarter, L&Q Foundation, Chobham Manor LLP and Taylor Wimpey are assisting in the scheme which will run for two weeks, ending on August 29.

For more details go to [londonlionsbasketball.com](http://londonlionsbasketball.com).

## WEEKEND FLUTTER

With the RACING POST

## RACING

THE Ebor meeting is the last of the big summer racing festivals. York has long had a reputation for producing upset winners.

Take **Sole Power**, favourite for Friday's featured Group 1 Coolmore Nunthorpe Stakes over five furlongs. Four years ago he stormed to victory in this very race at odds of 100-1 and, given his form at the time, that price was hardly generous.

Since then, however, he has proved it to be anything but a fluke by establishing himself as one of the best and most consistent sprinters in Europe. The Betfred Ebor on Saturday is the meeting's signature handicap and there is a red-hot favourite in the shape of Sir Mark Prescott's **Pallasator**, an impressive last-time-out winner and well treated under a 4lb penalty.

Betting editor Paul Kealy  
 Full tips at [wharf.co.uk](http://wharf.co.uk)

For daily expert advice, top tips and the latest news from our experts go to [racingpost.com](http://racingpost.com)

the Wharf Cup

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## WHEN

24th October 2014

## WHERE

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5pm

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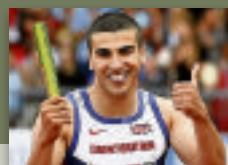
Raffle to be run on the night to raise money for Tommy's charity.

For more information on the event or to book your team call Daisy Lewis on 020 7293 2272 or email [daisy.lewis@trinitymirror.com](mailto:daisy.lewis@trinitymirror.com)



# Sport

Wharf



## TIME OF HIS LIFE

Adam Gemili becomes the new poster boy of British athletics

P63

### CHARLTON

## Boss praises strikers for seeing off fancied side

Rob Virtue  
@wharf.co.uk

CHARLTON'S Bob Peeters praised his goal-hungry strikers as the Addicks won their second game in a row at home in the 3-2 victory over Derby.

Goals from George Tucudean, Yoni Buyens and Igor Vetokele gave Charlton victory on Wednesday against a side heavily tipped for promotion.

Charlton now have two wins and a draw from their opening games.

Peeters said: "Derby kept passing and moving in the first half and we didn't have an answer but football's about taking your chances."

"If you start with a new management and bring players in it takes time to gel together but if you can start with seven points out of nine you're very happy. We showed glimpses of very good football. That's what we need to keep doing."

A late slip by young keeper Nick Pope ensured a tight finish.



George Tucudean of Charlton is challenged by Craig Bryson

But Peeters was quick to defend the 22-year-old and praised his side for holding on for the win against a strong Derby side.

"We started well for the first 20 minutes – the best I've seen us play," he said.

"But as soon as we were 1-0 up we started backing off and we didn't win second balls, we lost composure and Derby were fantastic."

"They scored a deserved goal and just when I was saying with 30 seconds to go 'try to hold on, to get to half-time' George Tucudean made some superb moves and it's 2-1."

"In the second-half I thought we were going to get chances and we needed to take them because they were attacking with a lot of people. They brought a striker on but at the right moment we made it 3-1."

"Then you normally sit back in the dug-out and have a cigar and enjoy the game but we gave an easy goal away."

"The goalkeeper made a mistake but he's a young guy who works hard." *Huddersfield v Charlton, Saturday, 3pm.*



West Ham United's defender Aaron Cresswell vies with Tottenham Hotspur's midfielder Andros Townsend

# INTO THE CAULDRON

### WEST HAM

Cresswell has to step up his pace in debut as Irons pay penalty for Spurs' late winner

Jack Pinnock  
The Wharf

**W**est Ham's new signing Aaron Cresswell is taking the Premier League in his stride if his debut is anything to go by.

The 24-year-old full-back, who joined from Ipswich in the summer, was man of the match against Tottenham on Saturday, keeping internationals such as Aaron Lennon and Andros Townsend quiet.

Cresswell said he was enjoying his early days in the top flight.

"It's still a game of football so I just used everything I have learned since I was a little boy," he said.

"Things were a lot faster and there are a lot better players here, so it will be a learning curve for me."

"Lennon and Townsend are two great players and internationals, but you are going to come up against that week in, week out."

Despite dominating much of the



James Collins walks off the pitch after receiving a red card

**THE** West Ham fan who ran on the pitch against Tottenham to take a free-kick said he was prepared for a lengthy ban.

Jordan Dunn was arrested and charged over the incident on Saturday.

The 22-year-old from Dover said: "I could be looking at a 10-year-ban and even a £5,000 fine. The ban wouldn't bother me whatsoever but the money would."

"My mum's not too happy, but she had a little laugh about it."

Dunn, who is due to appear in court on September 1, ran on the pitch and kicked the ball but West Ham keeper Adrian saved it.

"I thought no one else was shooting, so I might as well," he said.



play against Spurs, a Mark Noble penalty miss cost the Hammers dear and the visitors were able to nick a last minute goal via new signing Eric Dier.

But Cresswell said the focus instantly moves to next week's game – a visit to Crystal Palace.

"It is not really about individual performances, it is more about the team and getting the three points," he said.

"Making my Premier League debut is a massively proud moment for me but most important is the team's result and we didn't get that."

Winston Reid gave Cresswell a pat on the back despite the loss.

"There were some good positives out there," he said. "The new boys did well, Aaron [Cresswell] and Cheikhou [Kouyate] from the start and Enner [Valencia] came on as well."

"The squad is looking strong and I'm sure everybody is going to be pushing for the next game to try and improve."

West Ham are in the middle of an injury crisis going into Saturday's clash at Selhurst Park.

James Tomkins, Ravel Morrison, Matt Jarvis, Carl Jenkinson and Andy Carroll are all unavailable and manager Sam Allardyce said: "If they all get fit and we don't get as many injuries then we will be OK." *Crystal Palace v West Ham, Saturday, 3pm*